



Words for Wondering

An Advent to Epiphany Course from the
Diocese of Aberdeen and Orkney

Sunday 25th January – Third Sunday after the Epiphany
Patiently



Scripture: Psalm 40: 1-3

¹I waited patiently for the LORD; he inclined to me and heard my cry.

²He drew me up from the desolate pit, out of the miry bog,
and set my feet upon a rock, making my steps secure.

³He put a new song in my mouth, a song of praise to our God.
Many will see and fear, and put their trust in the LORD.

Reflection

The Psalmist tells us that they waited patiently for the Lord and the Lord heard their city and turned their sadness into joy. However, the Psalmist does not tell us how easy or hard it was for them to wait for the Lord. We hear the recollection of distress and God's response of rescue, with the rest of the first part being the new song of the Psalmist – including what the right actions of righteous person should be in seeing, fearing and trusting the Lord. However waiting patiently for the Lord is not always easy – what are some of the ways which help you wait patiently for the Lord?

To Listen

Strength Will Rise as We Wait (Everlasting God) by Brenton Brown and O Rest in the Lord from Felix Mendelssohn's Elijah